

IMPORTANT PHONE NUMBERS

**MONTANA HEALTH CHOICES
MEDICAID MANAGED CARE
1-800-362-8312**

**MENTAL HEALTH
(general information)
1-888-866-0328**

**SOCIAL SECURITY
1-800-772-1213**

**CHILDREN'S HEALTH
INSURANCE PLAN
1-877-543-7669**

**MOUNTAIN-PACIFIC QUALITY
HEALTH FOUNDATION
TRANSPORTATION
(prior authorization)
1-800-292-7114**

**CHILD SUPPORT
1-800-346-5437**

Have Questions?

- *Do you have questions on how to choose a provider?*
- *Do you have questions about what Medicaid covers?*
 - *Other questions?*

Call 1-800-362-8312. We're here to help you!



**GET
INVOLVED WITH
YOUR HEALTH CARE**

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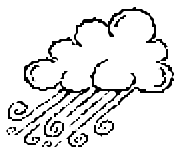
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Montana Health Choices/MAXIMUS contracts with the Department of Public Health and Human Services to provide you with a Helpline to answer all your questions. Call 1-800-362-8312.

Don't Come in from the Weather

When the weather is warm, the sky is clear and the sun is shining, you will find no shortage of people exercising outdoors. But the cool temperatures and dark clouds of early spring have a way of chasing many of us indoors and away from our exercise routines.



Except for really bad weather, weather need not prevent you from exercising outdoors. People who walk, jog, cycle or skate during warm weather can continue to do so in the cold as long as you dress warmly and do everything you can to stay healthy. People with asthma, for example, should remember to take along their medication when exercising in cold weather. Cold weather can irritate your breathing. Anything that bothers your breathing can increase your chance of having an asthma episode.

It's also important to drink plenty of liquids during cold weather. Everyone understands the risk of dehydration in hot weather, but cold air is often dry. This means you may dehydrate more quickly, through evaporation.

So, if you are determined to keep fit you can actually make cold weather work for you!

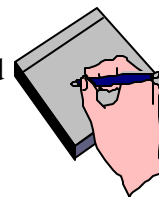


Important Changes

As of March 1, 2001, all **Out-of-State Outpatient Hospital Services** received by Montana Medicaid recipients needs authorization from the Mountain Pacific Quality Health Foundation. All planned, out-of-state, outpatient care must be prior authorized and any emergency care must be notified within 48 hours. Have your PASSPORT provider call the Mountain Pacific Quality Health Foundation at 1-800-262-1545 if you will be receiving out-of-state outpatient hospital services.

Checklist for a Visit to Your Provider

When you are ill it is easy to overlook preparations for visits to your primary care provider. Why not keep a checklist posted to the inside of your medicine cabinet?



- ✓ Make a list of your regular medicines with dosages and any current over-the-counter medications or herbal supplements you are using.
- ✓ Make note of how long you have been sick.
- ✓ Remember to be specific about your symptoms – identify your chief complaint.
- ✓ Wear clothing that can easily be removed.
- ✓ Consider whether you have been around others who were ill.

Your goal is to summarize your symptoms so your provider can make a correct diagnosis and prescribe correct treatment. Just because you have been around someone who had strep throat (for example) doesn't mean you also have the infection. Remember to take your **current** Medicaid Card and be **on time** for your appointment. Help your provider help you!

Did you know.....



Medicaid may cover some services not covered under BASIC Medicaid if it is the only way to get employment? If this is the case, a signed Essential for Employment form for each service must be sent to the Department of Public Health & Human Services for prior authorization. Your County Office of Public Assistance Caseworker has the form. It must be completed by your County Office of Public Assistance Caseworker, the health care provider and you.

Montana's Best Kept Secret: Tap Into This!

Recent nationwide polls tell us that over 80 percent of smokers across the country have tried to quit using tobacco. If you are one of them, the Montana Tobacco Use Prevention Program (MTUPP) now offers help. Combining the assistance and compassion of trained professionals with the latest technology, the toll-free Montana Tobacco Quit Line may be just what you are looking for.



Callers to the Quit Line (1-887-612-1585) can talk about previous attempts they have made to quit using any tobacco, work with the counselor to develop a quit plan and quit date, and discuss how to overcome any problems they may have had in the past staying tobacco-free. Free Quit Kits, which include materials on tobacco substitutes, drug support, managing stress, and other helpful information, are also part of the program.

A service of the Department of Public Health and Human Services, MTUPP's Quit Line has received nearly 1000 calls since it took the first call on August 31, 2000. Over 300 Montanans called the Quit Line in January alone. Group Health Cooperative in Seattle, which manages the program in Montana as well as in several other states, keeps track of why people want to quit and finds the reasons are varied. While health reasons top the list, many callers also say that they are finding better ways to spend their money. As a pack of cigarettes now costs anywhere from \$1.75 to over \$3.00, the expense of a tobacco habit is certainly a good reason to quit. Callers from Montana cities that have passed clean indoor air regulations, such as Missoula and Great Falls, are telling Quit Line counselors that having fewer places to smoke is another helpful incentive to quit using tobacco.

Whatever the reason you may want to quit the deadly habit of tobacco use, the Montana Tobacco Quit Line is one more resource, in addition to working with your health care provider or participating in a community cessation program. Call the Quit Line at 1-877-612-1585 Monday through Thursday from 9 AM to 8 PM, Fridays from 9 AM to 5 PM and on Saturday from 9 AM to 1 PM.